Mountain Weather Forecast

Northwest Highlands

Including Sutherland, Ben Wyvis, Wester Ross, The Cuillin, Glen Affric, Glen Shiel and Knoydart
Forecast valid from 06:00 on Monday 31 Jul 2023 until 23:59 on Tuesday 01 Aug 2023

Forecast Issued on Monday 31 Jul 2023 at 03:52 by Met Office Aberdeen

Confidence: Generally high Monday and Tuesday, but low for timing and northern extent of rain on Monday. Low for Wednesday with a slight chance of rain spreading to the south of the area. Moderate confidence for Thursday and Friday, main uncertainties cloud amounts and strength of winds.

Headline for Monday 31 Jul 2023: Rain spreading north. Dry and bright at first in far north.

Mountain weather hazards on Monday 31 Jul 2023

Blizzards No Likelihood	**Heavy persistent snow** No Likelihood	**Storm force winds** No Likelihood
Gales No Likelihood	**Severe chill effect** No Likelihood	**Poor visibility** High Likelihood
Thunderstorms No Likelihood	**Heavy persistent rain** No Likelihood	**Strong sunlight** Low Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
Light rain showers	Heavy Rain	Light rain	Light rain	Light rain	Fog
Precipitation probability					
40%	60%	70%	60%	30%	10%

Forecast for Monday 31 Jul 2023

Weather: Cloud and patchy rain may reach Knoydart, Glen Shiel and the Cuillins around dawn. Persistent rain then spreads north after dawn, although Assynt and the far north remaining dry with sunny spells and mainly high cloud in the morning. Cloud thickens across northern hills in the afternoon, perhaps giving a few spots of rain. Heavier, persistent rain further south in the afternoon, most likely south of Torridon. All ranges gradually turning dry but cloudy in the evening.

Chance of cloud-free hill tops above 800m: 70% in the north during the morning, otherwise 10% or less

Low cloud and visibility: Mostly good visibility outside of low cloud, but deteriorating as rain and low cloud spread north. Cloud bases around 400-600m, this extensive in the south, but patchy in the north with tops above 800m likely to be above the low cloud. Cloud becoming extensive across all ranges in the afternoon.

Check our weather forecast every day to get the most accurate and up to date information
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Forecast for Monday 31 Jul 2023

Height (m)	Wind Speed mean/gusts (mph) Wind Direction (blowing from)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	22/30 SE	22/27 SE	21/26 SE	20/26 SE	17/22 S	12/17 SE	10/15 E
900	26/34 SE	23/29 SE	20/25 SE	20/26 SE	17/22 S	12/17 SE	10/15 E
600	19/29 SE	18/25 SE	14/21 SE	14/20 SE	13/19 S	9/14 SE	8/13 E
300	12/23 E	8/20 E	6/17 E	7/17 SE	7/16 S	5/12 SE	4/11 E
Glen	19/27 E	16/23 E	9/15 E	8/15 SE	7/14 S	4/7 E	4/8 E

Height (m)	Temperature / Feels Like (°C)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	7/2	7/3	9/5	9/5	9/6	8/6	8/6
900	8/3	8/4	9/6	10/6	10/7	9/6	9/6
600	11/7	11/8	12/9	12/10	12/9	11/9	11/9
300	11/9	13/12	13/13	14/14	13/12	12/12	12/12
Glen	14/10	16/13	16/15	17/16	16/15	15/15	15/15
Freezing Level*	2300m	2800m	2800m	2600m	2700m	2600m	2600m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Met Office Aberdeen Meteorologist's View
Some uncertainty in timing and northern extent of rain. Tops above 800m north of Ullapool likely to see a cloud inversion during the morning.

Forecast for Tuesday 01 Aug 2023
Weather: Low cloud and some patchy drizzle through the early hours. Then a dull morning across northern and eastern hills with some patchy light drizzle possible, but dry and brighter across Skye and Knoydart. All ranges brightening in the afternoon, but scattered showers breaking out across southern ranges. Dry with patchy cloud after dusk.

Maximum wind: East or northeast 10 mph gusting 15 mph.

Chance of cloud-free hill tops above 800m: 10% or less in the morning across the north, otherwise 60-70%.

Low cloud and visibility: Very poor visibility in low cloud during the morning, but becoming very good outside of any patchy summit cloud midday. In the morning, cloud extensive to around 400m or less in the north but patchy above 600-700m in the south. In the afternoon, patchy cloud mainly above 1100m across all ranges.

Temperature: **Glens:** Plus 12 Celsius rising to 18 Celsius.
At 800m: Plus 8 Celsius rising to 13 Celsius.
Freezing level: Above the summits.

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